

Recipe Name Chicken Katsu Curry

Servings 2

Cook Time

Calories Cedric Kelly

Nestlé Professional is committed to providing you the finest ingredients, operational knowledge, and uncompromised support to your business.

Ingredients

51 g Egg	51 grams
1 g Black Pepper	1 gram
110 g Japanese curry	110 grams
1 g Japanese Spices	1 gram
5 g MAGGI® Chicken Bouillon	5 grams
63 g Maggi® Coconut Milk Powder	63 grams
10 ml Oil	10 milligrams
344 g Chicken Breast	344 grams
20 g MAGGI® Vegetable Bouillon	20 grams
15 g Plain flour	15 grams
24 g Panko breadcrumbs	24 grams
500 ml Water	500 milligrams
154 g Potato	154 grams
76 g Carrot	76 grams
80 g Onion (White)	80 grams

Directions

- Step 1 Cooking Bash chicken breasts between two sheets of baking paper to flatten them to an even thickness.
- Step 2 Cooking Mix flour & 5gms of Maggi chicken Stock Powder, egg and panko breadcrumbs into separate shallow bowls. Dip each chicken breast into flour (tap off excess), then egg and finally breadcrumbs. Repeat until all chicken breasts are coated.
- Step 3 Cooking Heat a thin layer of oil in a large non-stick frying pan over medium-high heat and cook chicken for 5min on each side or until cooked through.
- Step 4 Cooking For sauce, heat oil in a saucepan and fry onion over medium heat for 5 mins until golden brown. Add Maggi Coconut milk, Maggi Vegetable stock, Japanese Spices and stir well for 2 mins. Add potatoes, carrots and cook for 5 mins.
- Step 5 Cooking Serve with rice, chicken and the sauce.

Nutrition Info Per Serving

Saturated Fats 3 gm

Sodium 263 mg

Added Sugar 0 Tbsp

Sugars 7 gm

Fiber 34 gm

Fats 16 gm

Protein 55 gm

Carbohydrates 68 gm

Energy 594 kcal